



# ANALYSIS OF REQUIREMENTS FOR DIGITAL TOOLS INTEGRATION – DIDACTIC FRAMEWORK AND MEASUREMENT PROTOCOL

#### **HOTEL ACADEMY**

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#### Deliverable D1.1-5 - Version I

Type of Activity						
10	Intellectual Output					
A	Project Management and Implementation					
М	Transnational Project Meeting					
E	Multiplier Event					

Nat	ture of the deliverable	
	Feedback from participants	
	Direct effect on participants and project partners	
	Practical & reusable resources for the practitioners	
	Research material bringing forward the reflexion in the sector	X
	Community building tools	
	Partnerships and Cooperation	
	Dissemination material	
	Organizational and working documents	

Dissemination Level							
PU	Public	X					
СО	Confidential, only for members of the consortium (including the Commission Services)						





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The project runs from September 1st, 2019 to October 31st, 2021 (26 months), it involves 4 partners (MANZAVISION, France; MBA ESG, France; European University Cyprus, Cyprus; Fachhochschule Dresden, Germany) and is coordinated by Manzavision.

#### **List of participants**

Participant No*	Participant organisation name	Acronym	Country
I (coord)	Manzavision	MZV	France
2	MBA ESG	ESG	France
3	European University Cyprus	EUC	Cyprus
4	Fachhochschule Dresden	FHD	Germany





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#### **Abbreviations**

CS: Case Studies UEQ: User Experience Questionnaire

GBL: Game Based learning VET: Vocational Education and Training

LMS: Learning Management System VCL: Virtual Collaborative Learning

ML: Mobile Learning VR: Virtual Reality

QoE: Quality of Experience VRL: Virtual Reality Learning





#### I Introduction

The **Hotel Academy** project is based on the development of a cross-national educational scenario for hospitality management through the use of modern educational technologies. The IOI is the conceptual basis for the pedagogical scenario. With the development of a didactic framework, the potentials and risks of the used educational technologies are analysed and brought together in the form of heuristics. The didactic framework is a working tool of the project, which condenses design recommendations and is continuously developed during the project. As such, this is the first version of the report, an updated version may be delivered on the course of the project. It also includes the practical experience gained with the respective educational technologies and thus facilitates the transfer of science and practice within the Hotel Academy project and beyond.

With this work report, the results from the work package IOI, Analysis of requirements for digital tools integration - didactic framework and measurement protocol, are documented:

- OI.I Literature Review, Learning in Virtual Reality
- O1.2 Literature Review, Mobile Learning
- O1.3 Requirements of Context
- O1.4 Didactic Framework
- O1.5 Measurement Protocol

Since activities O1.1 and O1.2 are based on a uniform research strategy, the methodology of literature analysis and knowledge generation will be described in detail below and the results of all activities will be outlined based on this.

#### 2 LITERATURE REVIEW – RESEARCH PROCESS

For the O1.1 and O1.2 first a systematic literature review has been conducted. In total 27 highly relevant papers regarding VR Learning and 32 papers regarding Mobile Learning were examined through digital academic access, such as SLUB (TU Dresden), Regensburger Katalog plus (University Regensburg), academia.edu, google+ and google academics. Each paper was read in total, resulting in 23 different key words, later 14 essential different key words (i.e. "collaborative working, "teaching", "education" or technical-didactic key words, such as "immersion", "digital natives", "HMD" etc.). In the end 17 papers on each subject – VRL (Virtual Reality Learning) and ML (Mobile Learning) – built the essence of the contents regarding our presentation, delivering maximum overlaps with all most relevant key words. One half of these papers delivered specific individual findings and own characteristic results/theses. The other half (around 7 to 10) delivered maximum overlap in relevant findings with the other papers. Most overlap was empirically conducted to most highly relevant regarding meta-(meta-)analysis process of the literature research.

This specific information was then built within the scheme based on Euler & Seufert (2005) to create a representative model of information, and category-based content analysis. Both researchers have developed a framework for usage and integration of E-learning innovations in educational organisation. Following the main idea of the framework, educational managers have to balance out risks and potentials of E-learning innovations in five different dimensions:

- (a) Didactics: learning process, curriculum, tutoring, learning outcome, instructional design
- (b) Technology: standards, infrastructure, tools & systems, interfaces, data security
- (c) Organisation: quality, assistance & support, administration, organisational development, rules
- (d) Economy: benefits, costs, business model, financial risks, sustainability
- (e) <u>Culture</u>: habits, learning- & teaching culture, acceptance, communication





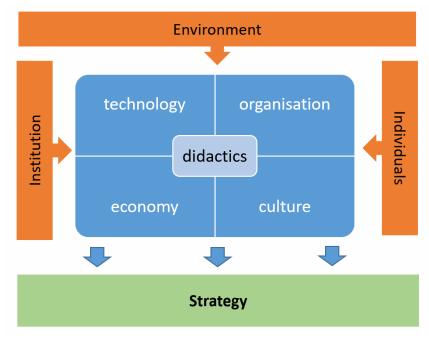


Figure 1: Framework for implementation of E-Learning innovation (Euler D., Seufert S. 2005, Change Management in Higher Education: Implementation of e-Learning as a Sustainable Innovation)

The framework works as holistic system, if you separate/isolate parts of information out of it, this can be managed for specific further explanation but generally it has to stay connected to the rest of information within the framework. But for decisive findings and information a way of categorization is inevitable. Following this way of examination, the categorization is itemized and the findings are explored deeper. For the presentation within the Transnational Meeting and this specific report an amount of information of ~55 pages of text (results), was first summarized to ~23 pages, and then plotted into each framework (VRL and ML) for each 7-8 pages in tabular form. Here, three different structural guidelines helped to make the final results clearly arranged: (1) chances/potential, (2) risks/challenges, and (3) (more or less neutral) implications, which proved to be highly characteristic. About 1 ½ pages of tabularly text then resolved in 3-5 central key points for the presentation, which can be found in the following (membered "i.", "ii.", and so on).

#### 3 OI.I GUIDELINES FOR VIRTUAL REALITY LEARNING (VRL)

Based on Literature Review the scientific *status quo* regarding the requirements of VR elements in educational scenarios was analysed. The research includes in particular:

- Studies on the design and effectiveness of VR sessions in education.
- Studies and experience on the use of VR in the in the classroom as well as workplace learning.
- Best practice on VR-based education scenarios in Vocational Education and Training (VET), especially in tourism and hospitality management.
- Studies regarding the incorporation of Learning Objects in VR environments, the design of additional didactic elements as well as incorporation of VR-based scenarios into teaching or learning scenarios in classroom or work-processes.
- Studies regarding the combination of Virtual Reality learning with other learning modalities, including Mobile Learning (ML).





Following the five dimensions as pointed out in chapter 2 (Euler & Seufert, 2005) are presented in their essence:

#### a. Didactics

- i. VRL supports the development of social skills by integrating the VR setting into social learning arrangements (e.g. group learning, role playing). Embedding of VRL scenarios in educational game situations (GBL) promotes positive learning effects. VRL promotes attention, motivation, concentration and presence and immediacy.
- ii. VR scenarios should only be used selectively in the learning process (10-15 mins).
- iii. In addition to the generally possible improvement of the learning environment, the cooperation among students is promoted, as well as between students and teachers.
- iv. Group work and individual sessions are possible depending on requirements  $\rightarrow$  Group work: motor skills, interaction and behaviour are trained.  $\rightarrow$  Single sessions: promote explicit learning success (in the sense of correct results).
- v. VRL requires instructions and didactic interventions (e.g. virtual agents) to counteract distraction and cognitive overload.

#### b. **Technology**

- i. The use of wireless VR technologies and fit-for-purpose headsets prevents physical impairments and motion sickness. The physical environment is also crucial (e.g. space for movement).
- ii. The production of VR scenarios requires special programming and design skills and is therefore resource intensive. Strong division of labour and participation of technical and design experts.
- iii. Technology is susceptible to faults. Positive effects with VRL depend on the equipment. Therefore, VRL scenarios should be accompanied by technological and didactic support offers or tested intensively in advance.
- iv. The interaction in the VR scenario is difficult and requires training (e.g. controllers). In the coming years, an increase in design possibilities for interaction in virtual space, e.g. through gesture-based control, can be expected. In the didactic planning these restrictions have to be considered, for example by giving learners time to "get used" to forms of interaction.

#### c. Organisation

- i. Goal: compatibility between new individual VR technology (headset, software) and the existing technological infrastructure (faculty, university).
- ii. Permanent coordination between the universities' internal IT and project-related special technology, e.g. WLAN network performance.
- iii. Teachers need assistance in the form of didactic support, for example, through handouts or recommendations for the integration of VR.
- iv. A basic organisational problem is the compatibility of the global production policy of individual VR companies with the regional education policy of universities; here, an organisation plan/ organisational concepts/ VR-specific organisation strategies must be drawn up by the university(ies) for each individual establishment of VRLEs (among other things taking into account data protection aspects).
- v. Project management in the VRL is very complex, as many different professions are involved (IT, educators, designers, data privacy security, device manufacturers, etc.). VR experts with interdisciplinary knowledge in the different professions to manage these projects.





#### d. **Economy**

- i. In general, VR technology is much more affordable than a few years ago. Even high quality models cost only a fraction of their former price (price reduction in the last 5-7 years: about 70%).
- ii. In principle, the initial investment of VR technology at individual universities is the biggest challenge. Once established, costs can even be saved thanks to VR, but this is not yet sufficiently empirically proven, as we are still in the early stages of this process. In general, the biggest challenge also in terms of time and money is the targeted training of teachers and students.
- iii. VR technologies bring economic advantages through problem-free repeatability if the intended learning goals in presence formats (before their simulation through VR) mainly could be achieved under difficult conditions, e.g. in laboratory experiments or medical and technical disciplines, and if learners learn spatially separated from each other.

#### e. Culture

- i. In recent years, VR has been used increasingly in scientific (medicine, anatomy, geology), mathematical and technical (engineering) disciplines by mapping/ simulating complex but systematic processes. Social science research fields are present, but still in the early stages of immersive VR applications.
- ii. While younger students are mostly positive about VR, older teachers often have difficulties with it. The biggest challenge here is to question old patterns of thinking and teaching and to implement VR into pedagogical processes in a goal-oriented way and to accompany this during the implementation.
- iii. New learning paradigm: "From Teaching to Learning"
- iv. In addition, individual health aspects must be taken into account; otherwise, the symptoms of excessive use of VR Apps per day and week are counterproductive to motivation and learning success.
- v. In intercultural VR scenarios, the respective teaching and learning cultures have to be taken into account, both with regard to the instructional design and the visual design within the VR scenario, as well as the embedding in the curriculum.

#### 4 O1.2 GUIDELINES FOR MOBILE LEARNING (ML)

Based on Literature Review the scientific *status quo* regarding the requirements of Mobile Learning (ML) was analysed. The research includes in particular:

- Studies on the design and effectiveness of Mobile Learning
- Studies and experience on the use of mobile in the classroom as well as workplace learning
- Best practice on mobile learning in VET, especially in tourism and hospitality management.
- Studies regarding the combination of mobile learning with other learning modalities, including Virtual Reality learning

Following the five dimensions as pointed out in chapter 2 are presented in their essence:

#### a. Didactics

i. The function of ML as micro learning is formative. On the one hand, this can be "formal", i.e. integrated into the classroom (online lecture or classroom), but also increasingly for supplementation, preparation and follow-up in the "informal" sense, i.e. outside the classroom.





- ii. ML perfect as a supplement to the actual lessons and as an extension of the learning content. ML offers immediacy and evokes attention.
- iii. Sophisticated didactic concept necessary, without which ML would be lost as a goaloriented concept. Carefully structured curricula make the difference, with mobile apps integrating a serious content level into the overall pedagogical concept (e.g. through GBL).
- iv. "Orchestration" or "Learning Management System (LMS)", where knowledge verification, learning transfer and knowledge sharing are well coordinated. Location-independent, fast access offers supplementary information to the actual learning content, small tests or quizzes with compact text formats.

#### b. **Technology**

- i. Relevant advantage: enormous technological development in recent years. Smartphones, which most people use privately, are their own microcomputers with a variety of functions.
- ii. The simple operation and easy transportability of smartphones as mobile end devices are particularly in the spotlight (see PDA, laptop, tablet PC). The greatest advantage is flexibility and mobility (learning independent of location), but only if the Internet connection is stable at the respective locations.
- iii. A visible disadvantage are the relatively small screens, which cannot display larger learning fields or rooms in a meaningful digital way. Therefore, the focus is on compact learning content that unfolds on the screen as the images change.
- iv. Numerous different operating systems cause compatibility problems between the individual apps and contents, which makes a didactic teaching and learning concept more difficult (certain security 70% with iPhone-oriented smartphones and android-based operating systems).

#### c. Organisation

- i. Organisation of ML is especially challenging in the preparation, because it is necessary to check which user has which requirements (device, operating system). This quite elaborate individual consideration stems from the economic simplification "Bring your own device".
- ii. "Orchestration", beyond pure didactics, can be transferred to the necessary organisation of ML: Orchestration is an ongoing process.
- iii. The objective is called "seamless learning/ navigation", considering a) multiple mobile devices, b) compatibility and permanent technical updates, and c) data security.
- iv. Advantage: Easy creation of learning content via authoring systems ("author ware") in ML contexts.

#### d. **Economy**

- i. "Bring your own device" (BYOD)
- ii. Specific costs are merely a factor with ML (as it is more with VR technology), since almost everybody has at least 1-2 devices and therefore is common with the mobile app technology
- iii. These obvious savings of money regarding Mobile Learning/devices should consequently be put into quality work by persons, i.e. improvement of organisational, educational embedding of mobile apps, and the full development of curricula and pedagogical issues

#### e. Culture

- i. The biggest chances lie in the motivating nature of ML apps and especially the students' general positive attitude towards it. On the other hand, (older) teachers still frequently doubt the new technology. This generation conflict must be overcome and a goal-oriented cooperation created.
- ii. This is done by means of the increased promotion of learning processes instead of teaching processes, especially with regard to teachers. It is important in terms of learning culture





- that students are instructed with regard to independent learning (self-learning competence) and that the over-potential of breaking down the boundaries of ML is sensibly curbed.
- iii. ML is ideally suited for the promotion of "21st century competencies" (e.g. self-reflective learning). However, the planned ML time units should be kept compact, since excessive connectivity, especially by students, is judged negatively (preservation of PI Personal Identity).
- iv. Even "technologically savvy" students can struggle with certain mobile apps if they are designed too complicated. In any case permanent training on both sides (teachers and students) is necessary.

#### 5 EXCURSION: VIRTUAL COLLABORATIVE LEARNING (VCL)

With the project Hotel Academy, a cross-institutional curriculum in the field of hospitality management will be developed. A key element of the educational offer is the cooperation of students from three different European countries and universities. This collaboration is to be implemented using virtual collaborative learning (VCL). Because of the importance of VCL for the project this concept has been put into focus.

VCL arrangements help to transfer group lessons into the virtual space. (I) A high level of self-organisation is required within the group of students, as all members of the group are responsible for their joint work results. (2) The students work on authentic business cases with clear practical relevance for a short time period of usually six weeks. Due to their blended learning character VCL-scenarios consist of the three phases of knowledge acquisition, virtual group work, and assessment. In order to enable working interdisciplinary and multi-perspectival, the students have to adopt different roles, which are often related to their interdisciplinary study programmes. (3) For their exchange and process documentation, participants use social networking software and digital communication tools. Learners are supported in their collaboration by qualified e-tutors to maximise both individual and group learning outcomes. (4) VCL focuses on learning outcomes, such as intercultural awareness, the ability to collaborate, the purposeful use of social networking tools and case study work, and offers students from all participating locations after successful completion of the course adequate ECTS (European Credit Transfer System) credits and grades based on formative and summative assessments (Black & Wiliam, 1998).

As part of this work package, the pedagogical potential of VCL scenarios was examined on basis of three case studies and success factors for the VCL in the Hotel Academy project were derived from this

The following Case Studies (CS) have been successfully conducted and can be regarded as best practice examples for the Hotel Academy:

- A VCL course as a bi-national joint project between TU Dresden and Shiraz University. The
  project is hosted by the chair of Information Management at TU Dresden and formally
  anchored in the master's degree program of Business Administration in the summer semester
  2019.
- The VCL course of case I was additionally offered again but in cooperation with two universities in Germany. One student group was from the master's degree program "Further Education Research and Organisational Development" of the Dresden University of Technology and the other group was from bachelor's degree program "Media Communication" of Chemnitz University of Technology. Both groups of students pursued their study in the fields of educational management and instructional design.
- CS 3 was held in Germany as part of a cross-university cooperation between the business and
  economics faculties at the "Dresden University of Technology" (TU Dresden), as a full
  university, and at the "Hochschule für Technik und Wirtschaft" (HTW) Dresden, as a
  university of applied sciences. This sample of students consists of Bachelor and Diploma
  students and was sufficiently interdisciplinary.





#### Relevant Factors for conducting VCL in Hotel Academy

In order to integrate VCL into the Hotel Academy educational program we need to expand the analysis and review of literature and best practices to a framework that specifically focuses on the macro and micro level:

The macro level reflects the field of institutional planning, e.g.

- The curriculum determines how the VCL should be integrated into the regular study program. The curricular conditions, especially course objectives and module descriptions (qualification objectives, course contents, ECTS, Workload) must therefore be in conformity with the planned scenario.
- Study groups reflect different cultural characteristics, with respect to nationalities, higher education culture and subject culture. Cultural differences between partners institutions is understood as a fruitful resource for all partners, as this promotes diversity and sensitises for intercultural communication, but they could also harbour potential for conflict, if different demands for the teaching methods collide.
- The educational technology defines the technological framework with which university collaborations can be implemented via VCL.

#### On micro level the following factors are relevant:

- A basic prerequisite for the success of the cross-university virtual group work is the
  accompaniment by e-tutors. E-tutors are the link between learners and teachers and are
  prepared for their specific needs of online group work.
- The learning objectives and evaluation criteria of virtual group work must be defined between
  the parties involved and communicated to the students. Already agreeing on common learning
  goals is challenging because courses are usually embedded in study modules, whose
  qualification objectives often differ significantly.
- The selection of topic and assignments, which are relevant and interesting for the students is the core of VCL scenarios. The topics must be practical, realistic, and realisable, and focused on the future working field of students.
- The implementation of VCL requires the strong engagement of the students on different levels. On one hand, they have to achieve the best possible result (learning outcome). On the other hand, VCL also requires strong involvement in the group work process, for example, by assuming responsibility for special tasks (e.g. coordination, documentation).
- The students have to practice the interaction in virtual group work to succeed. Assistance and clearly communicated requirements are just as necessary as regular formative feedback.
- Learning Analytics facilitate formative feedback. A meaningful assessment of learning processes
  and learning outcomes for virtual settings should be enhanced by "hard", fixed, automatically
  measurable, quantitative indicators.

Based on these findings, the development of VCL-based courses or programs is more oriented towards educational potentials. In general, the use of technology in learning scenarios needs to be discussed more intensively from a didactic perspective. The present findings are therefore part of a project-specific didactic framework that enables this.

#### 6 OI.3 REQUIREMENTS OF CONTEXT

In addition to the literature analysis above, we also conducted an analysis of the specific needs and requirements for classroom training in Hospitality and Tourism Management. Based on group discussions of all partners in online- and offline meetings during the first six month of the project, we refined the requirements of the educational situation in order to specify the institutional and subject-specific conditions of the trainings in Hospitality Management to be piloted at all partner institutions within this project.





This primarily includes an analysis of the educational context and the specifics of Hospitality Management. In the following Table I, we summarize those requirements: students' economic situation; university-specific duration of the academic year; lecture weeks; students' cultural/national background; students' age/gender/quantity per year; level of students' degree program; learning method, experiences in new technologies.

Table 1: Requirements of the partner universities and educational context

	Partner Universities / Educational Context									
Requirements	EUC	FHD	ESG							
	(Cyprus)	(Germany)	(France)							
Students'	Mix of students of	Students from middle	Degree students: tuition is							
economic	wealthy families, e.g. of hotel	class; tuition fees are paid	paid by the state;							
situation	owners, and from middle	not only by family, grants,	apprenticeship paid by their							
	class families who pursue a	employer	company							
	management career									
Duration of	Fall: Sep-Jan	Winter: Oct-Feb	Fall: Sep-Dec							
Academic year										
	Spring: Jan-May	Summer: Mar-Jul	Winter: Jan							
	Summer: May-Jul		Spring: Feb-May							
			Summer-Fall: May-Sep							
Lecture weeks	13 weeks per Semester (3 hours per week) + 2	13 weeks per Semester + 2 weeks	10 months intensive,							
	weeks for	project/examination week	I week per month in							
	registration/examination		school from Tue to Sat							
Students	Greeks from the islands,	mainly from Germany,	French, Chinese,							
cultural origins	few from Middle East	few internationals	European students							
	(Jordan), China, Ukraine,									
	Croatia		(10% work abroad-							
			outside Europe)							
Students' age	18 to 22	18 to 21	23 to 26							
Students gender	50:50 male/female	More women	55:45 female/male							
Students quantity	25-30 per class/year	25-35 per class/year	20-45 per class/year (up to 5 classes)							
Prepared Level of	Mainly Bachelor, a	Bachelor	Master with at least							
students' degree	few VET		a bachelor's degree and I-							
program			year experience							
Learning methods	Mainly lectures and	Lectures, seminar,	Lectures, seminar, 12							
	seminar format, in 2 <sup>nd</sup> -	practice projects,	exams, Group work							
	3 <sup>rd</sup> year combination of	excursions, individual								
	individual and group work,	and group work, 3 <sup>rd</sup> year	Business cases (Cesim)							
	1 .	individual or group BA	MA in strategic, worldwide							
		thesis about operation,	contexts (e.g. Accor)							
	strategic and practical issues	strategic and								
	4	practical issues								
Duration of the Program	4 years	3 years	2 years							
Evnorionese in	No Project is an	Voc	Voc							
Experiences in new technologies	No, Project is an	Yes	Yes							
new technologies	innovation									





In addition, we also analysed criteria-based the information required to develop not only the didactic framework but also the educational context in order to match the different university and academic cultures of the partner institutions, with the help of the tool Activity Outline. The following Table 2 presents the results of the training requirements. All the cells highlighted in green represent the common sense in the discussions between all the partners.

Table 2: Requirements of classroom training

A	ACTIVITY OUTLINE		HOTEL			
Please indicate the in	formation required t	o define your activity	:			
Туре	Analogue	Digital	Both			
			3 hours	/week (in average)		
Duration	l hour	2 hours	<ul> <li>EUC: 13 + 2 weeks per Semester (Semester (Semes</li></ul>			
Frequency	Once a week	Twice a week	Three	times a week		
Period of entire course I month 2 months 6 months						
Term	Between Fe	bruary and May (sprii	ng term) would be	ideal for all partners		
Number of players	Single	Small group (2- 4)	Medium Group (5-12)	<ul> <li>Whole class</li> <li>EUC: &lt;=35 (one class)</li> <li>ESG: 20-45 (5 classes possible)</li> <li>FHD: 20-25 (one class)</li> </ul>		
Target Group	ESG Students	EUC Students	FHD Students			
Level	Bachelor 3 <sup>rd</sup> year (FHD/EUC)	Bachelor 4 <sup>th</sup> year (EUC)	Master I <sup>st</sup> year (ESG)	Master 2 <sup>nd</sup> year		
Attendance	Con	npulsory		Voluntary		
Assessment	Examinations	Assignments	Participation	None		
Tools required	Replica / Role Play	Mobile  (as a potential extension in further implementations)	VR	Others: Virtual Group Work  Flipped Classroom  Virtual Conference  E-Lectures		





				Single Learning Exercises Offline Material			
Learning objective	Repetition	Acquiring new knowledge		vledge into practice &			
Teaching method	Face	-to-face		Online			
Language of instruction	English	French	German	Greek			
Course Purpose and Objectives	<ul> <li>The primary focus will be on the hotel/hospitality industry.</li> <li>In this training, we are going to use different learning and teaching tools, methods and techniques. Furthermore, the course will also integrate peer learning since students have different experience levels in order to share their knowledge.</li> <li>The training will especially focus on practical skills and competences.</li> <li>The training integrates a role play.</li> </ul>						
Requirements / Needs from students	<ul> <li>ESG: Students want to experience and be trained with the VR experience; they will be involved in and be presented with behind the scene.</li> <li>EUC: Students could be concerned about their privacy and security issues during the virtual collaboration.</li> <li>FHD: We need to discuss the demographics regarding the (intercultural) audience. Learning processes are structured in 3 stages: presentation of knowledge existence, practice and performance.</li> </ul>						
Learning Outcomes	<ul> <li>Key challenges in hotel, tourism and event management</li> <li>Explain developments</li> <li>Evaluate strengths / weaknesses (+analysis)</li> <li>Analytical + Presentation skills</li> <li>Assess technology and management</li> </ul>						
Course contents	<ul> <li>Cases that will be integrated in the training through role plays are:</li> <li>Diversity Swap – A change of perspective</li> <li>Cybersecurity</li> <li>Key Account Management with focus on negotiation</li> </ul>						
Learning Design (parameters only)	to this specifical exer	ties will include at least c training and explana cises should be incluc cchnology will be inco	tion of relevant top led				

# 7 O1.4 DOCUMENTATION OF INITIAL DIDACTIC FRAMEWORK FOR MOBILE LEARNING AND VR LEARNING

The didactic framework is an instrument of didactic planning. It supports educational staff in the best possible way to interlink the individual components of a technology-based curriculum. For this purpose, the individual digitally supported educational formats are analysed, their suitability and characteristics identified and their potentials for the respective purpose compared.





According to the original project outline, the Hotel Academy project should develop teaching and learning scenarios with which students can develop relevant hospitality management knowledge in practical phases in the hotel sector. The format of work-based learning, which is characterized by the fusion of learning and work processes, is intended for this. With the project implementation there was a slight shift in the project goals. Now the development of a cooperative, transnational teaching scenario is planned, which is fully integrated into the curriculum in the study phases. But not in practical phases. There is currently no need for work-based learning. Subtasks of this work package that deal with the subject of work-based learning have been neglected.

This specifically defined didactic framework represents all the results and contents of the literature analysis in punctual form – the other way around the literature analysis with the specific results on VRL and ML with the five dimensions works as a caption for this didactic framework, with "a.i" to "e.iv" representing the essential content of the guidelines.

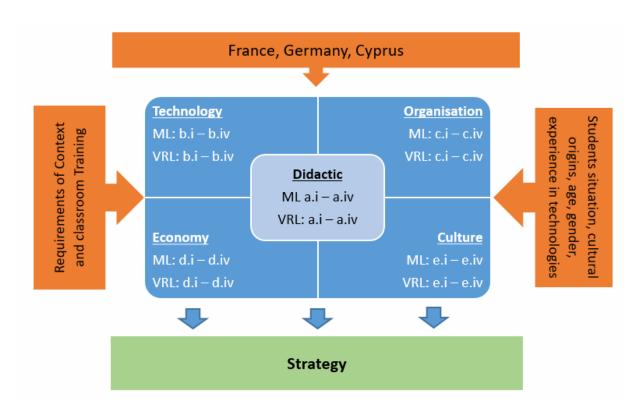


Figure 2: Didactic Framework for Hotel Academy including heuristics for using Mobile Learning (ML) and VR Learning (VRL)

#### 8 O1.5 DOCUMENTATION OF MEASUREMENT PROTOCOL

For the development of a research strategy to test the suitability and effectiveness of the provided learning tools and to validate the didactic framework of reference, we will combine a variety of tools to develop a research strategy providing a measurement protocol. This will integrate 3 kinds of data:

- Use of the digital tool: evaluation of the activity and usage of the tools (mainly quantitative evaluation)
- Quality of experience: evaluation of the user quality of the experience (mainly qualitative evaluation)
- Pedagogical outcome: evaluation of the progress that is achieved by the students regarding the pedagogical objectives that have been defined.





These data can be collected by different means, including in app data and log automatically collected by the VR and the mobile applications, questionnaires and surveys submitted to the users, interviews and any others evaluation mode.

#### 8.1 DIGITAL ACTIVITY

The objective here is to collect data relating to the users and how they use the digital tools, e.g. the number of connections, the duration of the sessions and the actions performed during the sessions, the progress. These can be collected directly from the tool (in-app data and log) or not. We describe here after data that can be collected from the VR activities and from the mobile activities. In both cases, we may distinguish between the teachers and the students, as both groups of users may have specific user journey in the apps.

Mobile is an optional or assisting component of Hotel Academy.

#### 8.1.1 VR

General data collected here will include the number of sessions that will be organized, the number of users that will be connected and the duration of the sessions, the number of connection problems encountered.

In addition, more specific data may be collected, relating to the actions and the interactions that will be performed in the VR environment. At the moment, the VR application is currently being designed, so it is not possible yet to define the in-app statistics that will be available. We will examine the possibilities based on the interactions and functionalities that will be developed.

These data can be analysed in combination with the visual comfort questionnaire presented in section 8.2.1, for instance, to determine the impact of the session's duration. These may also help to refine the user interface.

#### **8.1.2 MOBILE**

#### General statistics

They can be divided into 3 types:

- CONNECTION STATISTICS: how many users are registered, unique visitors, number of visits, etc.
- ACTIVITY STATISTICS: number of activities available, type of activity, average of activities carried out, most used activities, etc.
- COMPLETION STATISTICS: distribution of users by completion rate, average success rate for each type of activity, by theme, reading rate of articles and videos by theme, etc.

#### **Detail of connection statistics**

The connection statistics allow to find out more about the frequency of use of the application and its adherence by the targeted persons.

The connection statistics are:

- Number of people registered for training
- Total unique connections (= unique visitors)
- Average number of unique connections per day
- Total connections (= visits)
- Average connections for an average user

#### **Detail of activity statistics**

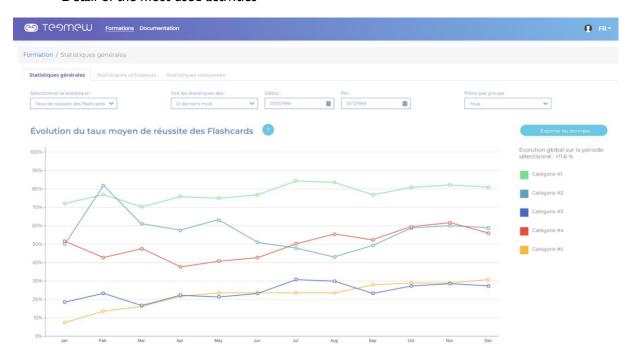




Activity statistics allow to control the training content and its consumption, in order to know when to add more, which are the most appetizing for the user, etc.

#### The activity statistics are:

- Number of activities available, by type of activity
- Maximum number of activities performed by a user, by type of activities
- Average number of activities performed per user, by type of activities
- Overall average of activities carried out
- Detail of the most used activities



#### **Detail of completion statistics**

Finally, the completion statistics make it possible to monitor training performance and highlight potential user difficulties on certain subjects.

The completion statistics are:

- Distribution of users by completion rate, by category
- Average category completion rate
- Average flashcard success rate, by category
- Overall evolution of the flashcard success rate
- Average success rate of mini-games, by category
- Overall evolution of the success rate of mini-games
- Average reading rate of articles and videos, by category
- Overall change in the reading rate of articles and videos

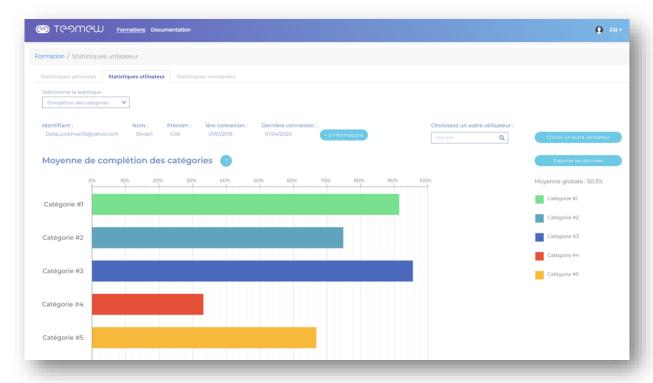
#### User Statistics

The administrator can search and select one of his users to consult his statistics, namely:

- Connection frequency
- Progression in each of the themes
- Most used activities
- Success scores at events (quizzes, journeys)







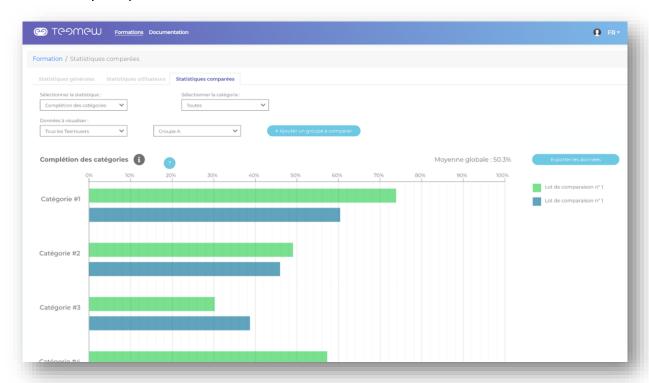
#### Compared Statistics

Via the compared statistics, the administrator can compare two to four different user groups.

For example, this can be used to compare the performance of one school against another, or against all users.

The statistics available for comparison are:

- category completion
- the success rate of events
- event participation rate





#### Profile

By clicking on his profile, the user has access to various secondary, non-pedagogical functionalities: badges and honours, summary of his progress, his leaderboard.

The pedagogical interest of this feature is to personalize and gamify the experience. Via this access, the user can also change a few settings, including his profile picture.

When a condition is met, the user earns a badge. Badges encourage the user to invest in the application. They reward and value the user.

In addition, when a certain number of points is reached, the user unlocks an honour, an "honorary title", linked to the mythology set up in Teemew. The user can then choose from the different awards available to personalise their profile and compare themselves to other learners. This gamifies the gain of points, thus encouraging recurring use.

#### Leaderboard

The leaderboard allows to value the users and to highlight the most assiduous. The user can thus evaluate his position and his points in relation to the others.

The leaderboard can be global (all users), by organization (declared by the administrator, different schools for instance – so all users of the same school) and by function (all users with the same education level / function, for instance master / bachelor, student / teacher).

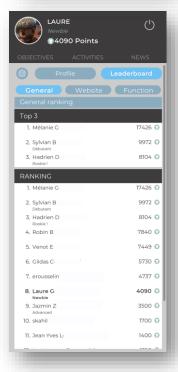
This values the best users and challenges the others, giving them a goal to surpass.

For the time being, we have not yet discussed the organization of groups within the different partners organizations. We assume that all schools will constitute only one group, but this can of course evolve with the definition of the course schedule.

Concerning the use of the leaderboard, ESG envisages to use it to determine the students who will go first into the VR experience. However, FHD and EUC prefer to keep the activity less competitive and rather concentrate on the students' experience.











#### 8.2 QUALITY OF EXPERIENCE

#### 8.2.1 Questionnaire

#### The parameters analysed

In order to collect feedback from users about the quality of experience (QoE), we will use a questionnaire from previous experiments carried out by Manzavision (Souchet et al, 2020), so that results can be comparable.

This questionnaire is divided into 4 sections, some of which will be used to specifically evaluate the experience of VR sessions:

- User experience (UX)
- Visual comfort
- Flow
- Presence

The questions are drawn from previous studies:

The self-assessment questionnaire used to evaluate the User eXperience (UX) is the abbreviated version of the **User Experience Questionnaire (UEQ)**. The UEQ was developed in 2008 by Laugwitz, Held and Schrepp and is based on the theoretical model proposed by **Hassenzahl** to explain the perceived quality of an interactive system. It may be used for VR and non-VR experience.

The **Flow** and **Presence** questionnaires are taken from scientific studies on the subject. "Multimodal Presence Scale" by Makransky et al; "Flow Short Scale" by Rheinberg, Vollmeyer and Engeser; Visual comfort by Zeri and Livi.

The complete questionnaire is presented in Annexe 11.1.

#### The User experience questionnaire

#### The Principle

The abbreviated version of the UEQ includes 8 items to measure the pragmatic and hedonic qualities of a system:

- **Pragmatic qualities** refer mainly to the instrumental aspects of the system or product, i.e. its utility and usability. These pragmatic qualities will support the achievement of objectives or tasks (called *do-goal*). Clarity of the system, its structure or predictability are all attributes related to pragmatic quality.
- **Hedonic qualities**, on the other hand, are non-instrumental and refer to the self. They are linked to the user and are based on a judgement of the product's potential to provide pleasure and to satisfy deeper human needs called *be-goals*. The ability of the system to stimulate the user, to connect him/her to others, to give him/her a sense of control or to confer popularity are all attributes related to hedonic quality.

The questions are based on a scientifically validated framework (<a href="https://www.ueq-online.org">https://www.ueq-online.org</a>), covering 6 criteria:

- Attractiveness: General impression of the product. Do users like it or not?
- Insight: Is it easy to become familiar with the product and learn how to use it?
- Efficiency: Can users solve their tasks without unnecessary effort? Does it react quickly?
- Reliability: Does the user feel in control of the interaction? Is it secure and predictable?
- Stimulation: Is the use of the product exciting and motivating? Is it fun to use?
- Novelty: Is the product design creative? Does it appeal to users?

#### The results of this questionnaire

The averages of the pragmatic and hedonic quality scales can be interpreted as follows:

- Values between -0.8 and 0.8 represent a neutral evaluation of the corresponding scale
- Values > 0.8 represent a positive assessment





- Values < -0.8 represent a negative assessment

The range of scales is between -3 (terrible) and +3 (extremely good). But in real applications, in general, only values within a restricted range will be observed. This is due to averaging over a range of different people with different opinions and response patterns, for example avoiding extreme response categories, which are extremely unlikely to observe values above +2 or below -2.

#### Robustness of results and confidence interval by item and scale

The 5% confidence intervals for the scale averages and the averages of the individual items are given here. The confidence interval is a measure of the accuracy of the estimate of the average. The smaller the confidence interval, the higher the precision of the estimate and the more confidence you can have in your results. The width of the confidence interval depends on the amount of data available and the consistency with which people have judged the product being evaluated. The more consistent their opinion, the smaller the confidence interval.

#### Correlation of items by scales and Cronbachs alpha coefficient

Items that belong to the same scale should generally have a high correlation. The alpha coefficient (Cronbach, 1951) is a measure of the consistency of a scale. There is no generally accepted rule for determining the value of the coefficient. Many authors believe that a scale should have an alpha value > 0.7 to be considered sufficiently consistent. However, from a methodological point of view, such a use of a limit is not really justified (see, for example, Schmitt, N., 1996). Especially if you only have a small sample, the alpha value should be interpreted with caution.

If the alpha value of a scale shows a massive deviation from a reasonable target value, e.g. 0.7, this may indicate that some items on the scale are interpreted in the context given by several participants in an unexpected way. In such cases, the corresponding scale should be interpreted with great caution.

#### 8.2.2 User Interview

#### Method description

The user interview is a method of collecting qualitative data where a team member in contact with a participant asks about the participant's experience, attitudes and behaviours. Interviewing is one of the techniques of UX survey. It allows an in-depth exploration of the respondent's attitudes, opinions, preferences, beliefs, or mental representations.

#### Objectives

User interviews are conducted to meet several objectives:

- To understand how trainers work
- Have qualitative data on users
- Develop empathy with users

#### Users to be questioned

The persons to be interviewed must be target users of the Teemew VR product. We have identified several user profiles:

- Trainers
- Course creators
- Planners
- (optional) Students

Note: The questions to be asked during an interview vary depending on the type of user being interviewed. However, some questions will be common.





#### Data to be recovered

- Verbatims
- Feedback and anecdotes
- Course creation process
- Course planning process
- Tool lists used by users

#### Places to conduct interviews

It is generally preferable to conduct face-to-face interviews in the interviewee's environment. The locations for conducting interviews are, therefore, in order of preference:

- I. Universities/Schools
- 2. Partners premises
- 3. Telephone/Teams

#### Format

**Semi-directive interview:** This is the most common type of format for user interviews. The interview then takes the form of a conversation in which the interviewer covers all the points he or she wishes but allows flexibility in the conversation to explore unanticipated topics.

#### Themes to explore

- Virtual Reality and Training
  - How Virtual Reality is perceived by users
  - o Is Virtual Reality effective for training?
  - O What Virtual Reality material is available in the training course?
- Creating a course
  - O What is the process of creating a training course?
  - O Why is training created?
  - O What training materials are currently available?
  - O What are the points of irritation when a training is created?
  - O What are the possible interactions with other trainers or trainings?
- Training Management
  - O Who manages the planning of a training course?
  - O How is a training planned?
  - O What tools are used for this?
  - What are the points of irritation when planning a training course?

#### Interview Structure

The interview is structured in 5 phases:

- 1) **Introduction** (2 to 5 minutes): Welcome the participant, put him/her at ease. Have him/her sign a consent form and ask for permission to record or film (important).
- 2) **Warm-up** (5-7 min): Explain to the participant the reasons for the interview (introduce yourself if you have not already done so, introduce the project). Then, ask the following questions to put the participant at ease:
- How old are you?
- Can you explain in a few words your position and roles within your organization/university name
- Tell me about one of your typical days/activities. What do you do first? What's the next one?
- 3) **Body of the interview** (~80% of the interview): Start with generic questions then go into detail with specific questions. Don't hesitate to ask questions not included in the list, let the





user tell anecdotes, informalize the exchange so that it looks like a discussion and not a series of questions.

Questions for trainers	<ul> <li>Did you design the course? Did you retrieve it or do you do the training by collaborating with the creator of the training?</li> <li>(If he created the training) What are your goals when creating a course?</li> <li>Can you show me or tell me how you design a course?</li> <li>Can you list the tools you use/have used to create your course?</li> <li>What is the worst experience you have had while creating a course?</li> <li>Who manages the organization/planning of the courses?</li> </ul>						
Question for planners	<ul> <li>Who decides who attends a course?</li> <li>How does the planning of a course/training take place?</li> <li>Can you list the tools you use to plan courses?</li> <li>What are your points of irritation in course planning?</li> <li>Have you ever taken a course taught by a trainer from your organization?</li> </ul>						
Generic Questions	<ul> <li>When I say "Virtual Reality", what do you think about?</li> <li>What will Virtual Reality look like in 10 years in the best scenario?</li> <li>How did you perceive the use of Virtual Reality in training?</li> <li>In your opinion, how is Virtual Reality perceived in training?</li> <li>Does your organization/university name have Virtual Reality equipment?</li> </ul>						

- 4) **Retrospective** (5 min): Back to generic questions:
- On a scale of I to 5, how familiar are you with Virtual Reality equipment?

  Summarize the interview and see if the participant insists on a point or gives additional information.
- 5) **Closing** (3 min): If the participant has nothing to add, thank him/her and close the interview.





#### 8.2.3 Surveys

Users are asked a question, with different choices of answers defined. The user can then vote anonymously for the answer they prefer. Once he has given his opinion, he can consult the distribution of other users' answers.

The survey creates interaction between the learner and his or her trainer, thus strengthening the human link and the commitment of the user.

#### 8.2.4 Quizzes

A series of multiple-choice questions is asked to the user on a given topic and at a defined date. As soon as a question is answered, the user immediately sees the correction with the correct answer(s). A comment can also be added to give further explanation.

At the end of the quiz, an assessment page summarizes the user's performance on the quiz.

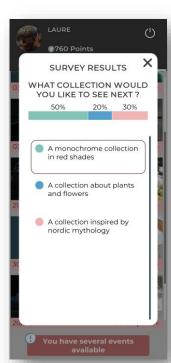
The pedagogical interest of this activity is to test the knowledge acquired. The correction is present after each question, which breaks the rhythm and evaluates what has been learned.

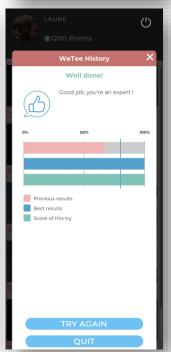
Not linked to a category, the quiz allows to cross-reference themes or, on the contrary, to propose an "out-of-category" test, linked to a key moment in class or within the organization.

# 8.3 PEDAGOGICAL OUTCOME

The objective in this section is to evaluate the learning experience from the pedagogical point of view: did the students achieved progress toward the learning goal that has been defined? At the time of reporting, the course concept is still in progress. Since the course concept describes the methods and technologies used,







the provision of an evaluation concept was not (yet) possible. This will therefore take place in the further course of the project parallel to the development of the course concept. However, the evaluation concept will be based on the Kirkpatrick's framework, by which course evaluation focuses on four different dimensions:

I. Reaction - The degree to which students find the course in Hospitality Management favorable, engaging and relevant to their jobs





- 2. Learning The degree to which students acquire the intended knowledge, skills, attitude, confidence and commitment based on their participation in the course
- 3. Behavior The degree to which students apply what they learned during course when they are back on the job in Hospitality sector
- 4. Results The degree to which targeted outcomes occur as a result of the training and the support and accountability package

We plan to include the first three dimensions (reaction, learning and behavior) in our evaluation framework.

#### 9 OUTLOOK

The didactic framework for the Hotel Academy project was gradually developed over the first months of the project and discussed with the project partners. With the completion of work package IOI, a conceptual basis is available for the development of the educational scenario in hospitality management. However, the work on the didactic framework is not finished. Rather, this should also be validated by expert interviews in the coming months. In addition, the experience gained from the implementation of the project, including the use of ML, VCL and VRL, should be gradually incorporated into ongoing in order to ensure knowledge transfer beyond the project duration. The following Figure 3 shows the further planned steps for the systematic expansion of the framework within the project duration. The framework will be shared with the Advisory board for additional feedback.



Figure 3: Planned steps for the systematic expansion of the framework within the project duration

The presentation of the refined framework based on literature review raised the following comments from Project partners:





MZV: Cost savings in traveling provides added value, i.e. connecting distant people. Also, contents presented in VR allow the use of simulation or showing things not easily to do in real life.

FHD: VR locomotive aspect, students' movements. This is an advantage in scientific fields where is necessary to see and feel. For connecting people, other tools are available and less expensive.

MZV: About Mobile Learning, Bring Your Own Device (BYOD): how do you implement such a strategy? Is it easy to ask students and teachers to use their personal device? Is it already in practice?

FHD: There are 2 options: Universities buy equipment and hand out to students, or BYOD which implies data security problems, students should not bring the information out of context.

About the practice, we have created applications and students download them, it is working but it is an open issue. It makes digitalization more affordable; it came up as a Coronavirus crisis solution, but universities should make an investment on it.

ESG: We do not implement mobile learning for security reasons, we have distance learning.

EUC: Mobile learning with students' devices and VR learning with headsets represent a problem about how to use them in class.

FHD: The framework works together as one system; you cannot separate them. To solve the VR headsets problem is a didactic question, you can divide the lesson in 2 groups.

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#### **II ANNEXES**

#### II.I THE USER EXPERIENCE QUESTIONNAIRE (UEQ)

The complete questionnaire is presented below.

User questionnaire

In order to improve our product, we need your feedback.

Please be honest as much as possible. This questionnaire is not here to please or displease experimenters. Focus on your feelings during and after the training session.

It is your personal opinion that counts.

#### Remember that there are no right or wrong answers!

It will take you about 10 minutes to complete this questionnaire.

Thank you for your participation!





Profile								
You are								
O A man		0	Αv	vomar	า		C	Other
How old are you? _								
Are you familiar w VR, Samsung Gear				ment	, inc	ludin	g Oc	culus Go, Oculus Quest, HTC Vive Playstation
		I	2	3	4	5		
Not at	all	0	0	0	0	0	Strong	şly
Do you own a VR e	quip	men	ıt?					
O yes	•	0	no					
Llava vav alvaadu v	اد د د .	- VD		:	b	- <b>6</b>		
Have you already u O yes	sea	a v n	equ no	ipme	ent b	etore	<b>:</b>	
O yes		Ū	110					
If yes, how many he	ours	have	you	alre	ady s	pent	in V	R environment?
								<del></del>
USER EXPERIEN	ICE							
			nairs (	of con	trastir	ng attr	ributes	s that may apply to the product. The circles between the
	datior	ns bet	ween	the o	pposit			express your agreement with the attributes by ticking the
Please decide spontaneo	usly. I	Don't	think	too lo	ng abo	out you	ur dec	ision to make sure that you convey your original impression.
It is your personal opinion	on tha	at cou	nts. Pl	lease r	remen	nber: t	here i	s no wrong or right answer!
Is the product obst			_	-			_	
Obasmiasiira	1	2 O	3	4	5 O	6	7	Suppose the same of the same o
Obstructive	O	O	O	O	O	O	0	Supportive
Is the product com	-			-	_		_	
Complicated	ı	2 O	3	4	5 O	6 O	7	East
·						O	0	Easy
Is the product ineff							_	
Inefficient	•	_	•	•	5 O	6 O	7 O	Efficient
					O	O	O	Enicient
Is the product conf	using	_			_	,	_	
Confusing	1	2 O	3 O	4	5 O	6 O	7 O	Clear
ŭ					O	U	O	Clear
Is the product bori	ng o		_		_		_	
Davina	0	2 O	3	4	5	6	7	Evolution
· ·				0	0	0	0	Exciting
Is the product not i	nter		_			_	_	
Not :====================================	ı	2	3	4	5	6	7	Interesting
Not interesting		0	0	0	0	0	0	Interesting
Is the product conv	enti						_	
Conventional	Ι Ο	2 O	3	4 O	5 O	6 O	7 O	Inventive
Conventional	_	_	_	_	_	_	_	IIIVEIILIVE





#### Is the product usual or leading edge?

I 2 3 4 5 6 7
Usual O O O O O O Leading edge

#### VISUAL COMFORT

This part of the questionnaire aims to assess how your eyes feel after using VR.

TO WHAT EXCELL YOUR E	yes	bui ii	•			
	I	2	3	4	5	
Not at all	0	0	0	0	0	Strongly
To what extent your e	yes	ache:	?			
	1	2	3	4	5	

Not at all O O O O

To what extent your eyes strain?

	- 1	2	3	4	5	
Not at all	0	0	0	0	0	Strongly

0

Strongly

To what extent your eyes are irritated?

	1	2	3	4	5	
Not at all	0	0	0	0	0	Strongly

To what extent your eyes are tearing?

	I	2	3	4	5	
Not at all	0	0	0	0	0	Strongly

To what extent your eyes see blurry?

	ı	2	3	4	5	
Not at all	0	0	0	0	0	Strongly

To what extent your vision is doubled?

	ı	2	3	4	5	
Not at all	0	0	0	0	0	Strongly

To what extent your eyes are dry?

	ı	2	3	4	5	
Not at all	0	0	0	0	0	Strong

To what extend your head aches?

	1	2	3	4	5	
Not at all	0	0	0	0	0	Strongly

To what extent your head aches?

	- 1	2	3	4	5	
Not at all	0	0	0	0	0	Strongly

To what extend do you feel nauseous?

,						
	1	2	3	4	5	
Not at all	0	0	0	0	0	Strongly

#### PRESENCE

This section aims to assess how you were feeling during the VR experience.





The virtual	environment se	eme	d re	al to	me		
		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
I had a sens	se of acting in th	e vir					rather than operating something from outside
		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
My experie	nce in the virtua						consistent with my experiences in the real world
	C	1	2	3	4	5	Consideration
	Strongly disagree	U	O	O	O	0	Strongly agree
While I was	s in the virtual e	nviro					nse of "being there"
		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
I was comp	letely captivated	d by	the v	/irtua	al wo	rld	
		- 1	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
l felt like I v	was in the prese	nce (	of an	othe	r per	son i	in the virtual environment
		ı	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
I felt that t	he people in the	virtı	ual e	nviro	nme	nt w	ere aware of my presence
		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
The people	in the virtual er	nviro	nme	nt a <sub>l</sub>	peai	red t	o be sentient (conscious and alive) to me
		1	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
	simulation there						e computer interface seemed to disapear, and I
		1	2	3	4	5	-
	Strongly disagree	0	0	0	0	0	Strongly agree
I had a sen computer s		terac	cting	with	oth	er p	eople in the virtual environment, rather than a
					4		
	Strongly disagree	0	0	0	0	0	Strongly agree
l felt like m	y virtual embod	imer	nt wa	ıs an	exte	nsior	of my real body within the virtual environment
		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
When som	ething happened	l to n					nent, it felt like it was happening to my real body
	Cananaha di .	1	2	3	4	5	Studenthy arms
	Strongly disagree	U	U	U	U	U	Strongly agree
l felt like m	y real arm was p	roje					al environment through my virtual embodiment
	C. 1 "	1	2	3	4	5	6
	Strongly disagree	U	O	U	U	U	Strongly agree





During the simulation, I felt like my virtual embodiment and my real body became one and the	ıe
same	

	ı	2	3	4	5	
Strongly disagree	0	0	0	0	0	Strongly agree

#### **FLOW**

This section aims to assess how your were feeling during the  $\ensuremath{\mathsf{VR}}$  experience.

l felt just tl	he right amount	of ch	naller	nge			
·		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
My though	ts/activities ran f	luidl	y and	l smo	ooth	ly	
, ,		1	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
I didn't not	cice time passing						
		ı	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
I had no di	fficulty concentra	ating	5				
		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
My mind w	as completely cl	ear					
		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
The right t	:houghts/movem	ents	occı	ırred	l of t	heir	own accord
		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
I knew wha	at I had to do ead	ch st	ep of	the	way		
		- 1	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
I felt that I	had everything	unde	r cor				
		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree
I was comp	oletely lost in the	ught	t				
		I	2	3	4	5	
	Strongly disagree	0	0	0	0	0	Strongly agree

#### **FREE ANSWER**

If you want to share other things about your feelings.

Erasmus+	ACADEMY